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Fitvids QD740-HFELITE-VERTBARBELL

Fitvids Elite Series Vertical Barbell Storage Attachment

Instruction Manual

1. Introduction

This manual provides instructions for the proper installation, operation, and maintenance of your Fitvids Elite Series Vertical Barbell Storage Attachment. This accessory is designed to integrate with Fitvids Elite Series Power Cages, specifically those with 3" x 3" upright poles, to provide an efficient and space-saving solution for storing Olympic barbells.

2. Safety Information

- **Installation Location:** Always install the Vertical Barbell Storage Attachment on the**outside** of the power cage uprights. Installing it on the inside may pose a risk of injury during exercise or when accessing the cage interior.
- **Compatibility:** This attachment is designed exclusively for power cages with**3" x 3" upright poles**. Do not attempt to install it on cages with different dimensions.
- **Secure Fastening:** Ensure all bolts, nuts, and washers are securely tightened before use. Regularly check for any loosening.
- **Weight Capacity:** The attachment is designed to hold standard Olympic barbells. Do not overload or use it for purposes other than vertical barbell storage.
- **Inspection:** Before each use, inspect the attachment for any signs of wear, damage, or loose components. Discontinue use if any issues are found.

3. What's Included

Carefully unpack all components and verify that you have received the following items:

- 1 x Vertical Barbell Storage Unit
- 2 x Bolts/Screws

- 2 x Hex Head Nuts
- 4 x Washers
- 1 x Instruction Manual (this document)



An image displaying the Fitvids Elite Series Vertical Barbell Storage attachment, a black cylindrical unit with a flat mounting plate, alongside a black hex-head bolt. Key dimensions are indicated: the attachment is 10.5 inches tall, 2 inches in diameter, with a 4.25-inch wide mounting base. The bolt is 4.25 inches long with a 0.75-inch head.

4. Setup and Installation

Follow these steps to properly install your Vertical Barbell Storage Attachment:

1. **Identify Mounting Location:** Choose a suitable 3" x 3" upright pole on your power cage. Remember, the attachment **must be installed on the outside** of the cage.
2. **Position the Attachment:** Align the mounting plate of the Vertical Barbell Storage Unit with the desired holes on the power cage upright. The mounting hole distance on the attachment is 4 inches.
3. **Insert Bolts:** Insert the two bolts through the mounting plate and the corresponding holes in the power cage

upright.

4. **Secure with Washers and Nuts:** On the opposite side of the upright, place a washer onto each bolt, followed by a hex head nut.
5. **Tighten Fasteners:** Using a size 19 or 0.75" closed or open socket wrench, securely tighten both hex head nuts. Ensure the attachment is firmly fixed to the upright and does not wobble. Do not overtighten, but ensure there is no play.



An illustration demonstrating the installation and features of the Fitvids Vertical Barbell Storage. Text overlays indicate it 'Fits 2 Olympic barbells', 'Install outside of cage', and is a 'Space Saving Design for 3x3 Upright Poles'. The image shows the vertical mount and two bolts.

5. Operating Instructions

Once installed, the Vertical Barbell Storage Attachment is ready for use:

- **Barbell Insertion:** Carefully lower the end of an Olympic barbell into the cylindrical opening of the storage unit. The attachment is designed to accommodate barbells with a 2-inch sleeve diameter.
- **Secure Storage:** Ensure the barbell is fully seated within the attachment and stands vertically without obstruction.

- **Removal:** To remove the barbell, simply lift it straight up and out of the storage unit.



A close-up photograph of the Fitvids Vertical Barbell Storage Attachment securely installed on the outside of a power cage upright. An Olympic barbell is shown inserted into the attachment, demonstrating its function for vertical barbell storage.

6. Maintenance

Regular maintenance will ensure the longevity and safe operation of your attachment:

- **Cleaning:** Wipe down the attachment periodically with a damp cloth to remove dust and sweat. Avoid abrasive cleaners.
- **Fastener Check:** Every few weeks, or after heavy use, check all bolts and nuts to ensure they remain tight. Re-tighten if necessary.
- **Inspection:** Visually inspect the attachment for any signs of rust, cracks, or deformation. Address any issues promptly.

7. Troubleshooting

This is a simple mechanical attachment, so troubleshooting is minimal. If you encounter issues, consider the following:

- **Attachment is Loose:** Ensure all bolts and nuts are fully tightened using the correct wrench size.
- **Barbell Does Not Fit:** Verify that your barbell has a 2-inch sleeve diameter. This attachment is designed for Olympic barbells.
- **Attachment Does Not Fit Cage:** Confirm that your power cage has 3" x 3" upright poles. This attachment is not compatible with other sizes.

8. Specifications

Model Name:

QD740-HFELITE-VERTBARBELL

Part Number:

VertBarbell

Material:

Aluminum (with low gloss, powder coat finish)

Attachment Dimensions (L x W x H):

10.5" x 4.25" x 2.25"

Cylindrical Storage Diameter:

2" (for Olympic barbells)

Bolt/Screw Length:

4.25"

Bolt/Screw/Nut Head Size:

0.75" (requires size 19 or 0.75" wrench)

Mounting Hole Distance:

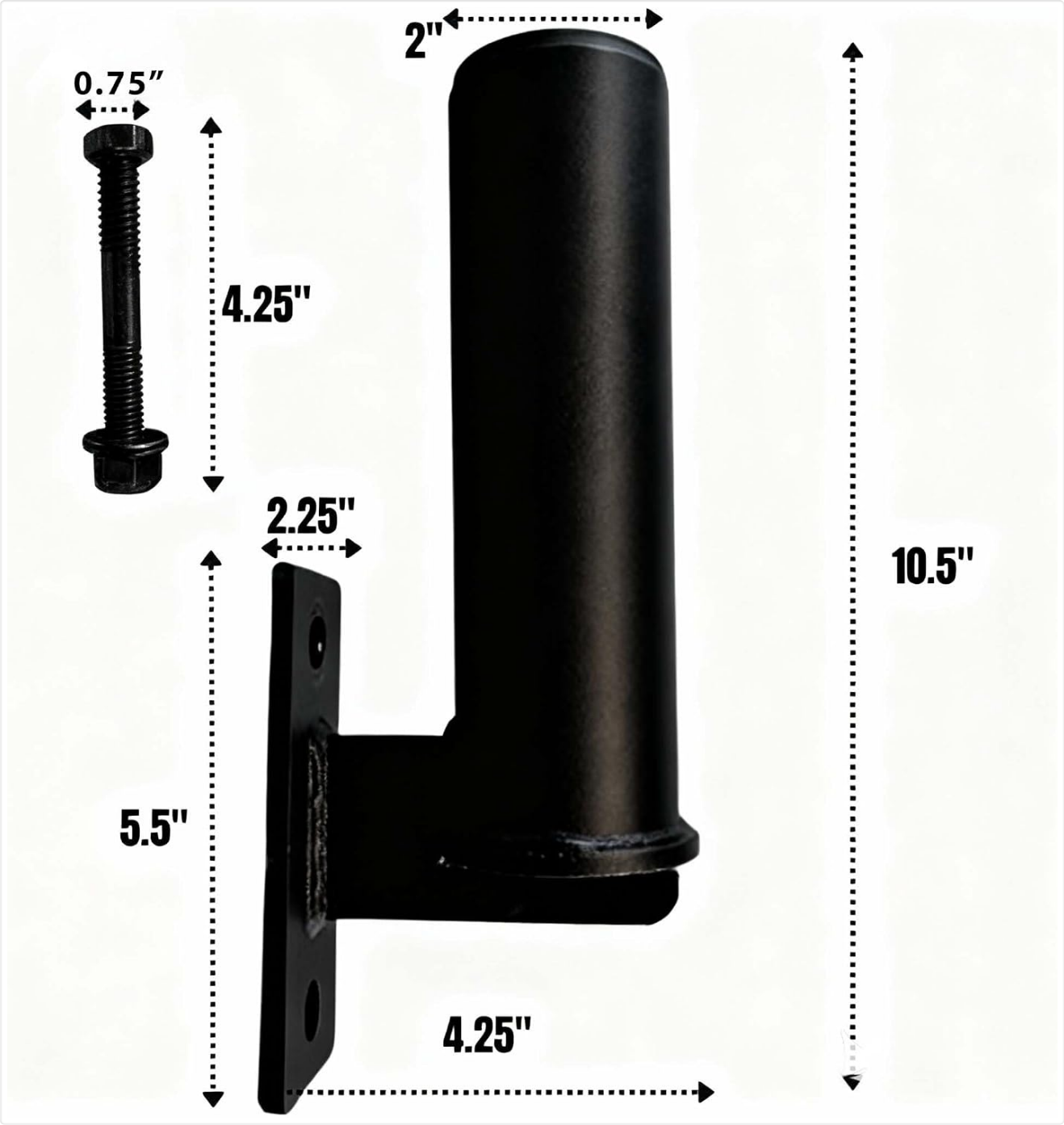
4"

Total Product Weight:

3.2 pounds (approx. 1.45 kg)

Compatibility:

3" x 3" upright poles on power cages



A detailed diagram of the Fitvids Elite Series Vertical Barbell Storage attachment, highlighting its dimensions. The main cylindrical storage unit is 10.5 inches tall and 2 inches in diameter. The mounting plate is 5.5 inches tall and 2.25 inches wide, with a total depth of 4.25 inches from the wall. A bolt is also shown, measuring 4.25 inches in length with a 0.75-inch head.

9. Warranty Information

This Fitvids product is covered by a **2-year manufacturer's warranty** from the date of purchase. This warranty covers defects in materials and workmanship under normal use. It does not cover damage resulting from misuse, abuse, unauthorized modifications, or normal wear and tear. Please retain your proof of purchase for warranty claims.

10. Customer Support

If you have any questions, require assistance with installation, or need to make a warranty claim, please contact Fitvids customer support. Refer to your purchase documentation or the Fitvids official website for current contact

information.

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